


McCabe Park Regional Community Center

101 46th Avenue North Nashville, Tn 37209
615-862-8457

| Dance Studio Gymnasium (\$)- Paid Class | Monday Hours: 6:00am-8:30pm | Tuesday Hours: 6:00am-8:30pm | Wednesday Hours: 6:00am-8:30pm | Thursday Hours: 6:00am-8:30pm | Friday Hours: 6:00am-7:30pm | Saturday Hours: 8:00am-12:00pm |
|--|--|--|---|--|---|--|
| Winter 2022 Program Schedule “Subject To Change” | 6:00am-9:00am Open Gym | 6:00am-7:00am Zumba (\$) Janet Duke | 6:00am-9:00am Open Gym | 6:00am-7:00am Zumba (\$) Janet Duke | 6:00am-9:00am Open Gym | 8:00am-11:50am Cremona Strings Ensemble 1 st Saturday of month |
| <u>Facility Coordinator</u> Anthony Cooper | 9:00am-10:30am Parent and Tot | 9:30am-10:30am DisAbilities Basketball | 9:00am-10:30am Parent and Tot | 9:00am-10:30am Parent and Tot Open Gym | 9:00am-10:30am Parent and Tot | 8:00am-10:15am ½ Court Basketball |
| <u>Recreation Leaders</u> Arcentae Perkins Arkee Perkins Bonita Peoples Collin Herron Jacey Gutknecht John Holt Orlando Simmons | 9:30am-10:30am DisAbilities Basketball | 11:00am-1:00pm Pickleball | 10:00am-11:00am Senior Strength (\$) Tristan Trotter | 11:00am-1:00pm Pickleball | 10:00am-11:00am Senior Strength (\$) Tristan Trotter | 10:30am-11:30pm Dance Fit (\$) Kat |
| <u>Fitness Class Fee</u> \$4.00 per class \$40.00 for 10 classes | 11:00am-2:30pm Adult ½ Court Basketball | 3:00pm-5:30pm After School Program | 11:00am-2:30pm Adult ½ Court Basketball | 3:00pm-5:30pm After School Program | 11:15am-12:15am Yoga (\$) Ellen Treanor | ***** When Metro Nashville Schools are out for breaks, the Youth Program will be from 10AM-4PM. Ages 6-14. ***** |
| <u>Fitness Center Fee</u> \$3.00 per visit \$20.00 per 10 visits \$30.00 per month | 3:00pm-5:30pm After School Program | 5:00pm-6:00pm Jr. NBA Basketball Practice | 3:00pm-5:30pm After School Program | 5:00pm-7:15pm Jr. NBA Basketball Practice | 12:00pm-2:00pm DisAbilities Basketball | |
| <u>*Discounted Rates</u> \$1.50 per visit \$10.00 per 10 visits \$20.00 per month | 5:00pm-7:30pm Jr. NBA Basketball Practice | 6:00pm-8:30pm Adult Full Court Basketball | 6:00pm-7:00pm Achilles Program | 7:30-8:30pm Open Gym Basketball | 3:00pm-5:30pm After School Program | |
| <i>*Discounted rates apply to teens ages 13-17, Seniors ages 62+, college students, & military personnel. Valid ID required</i> | 7:30-8:30pm Open Gym Basketball | 5:30pm-7:15pm Nashville Int’l Folk Dance (\$) | 5:30pm-7:15pm Jr. NBA Basketball Practice | | 5:30pm-7:15pm Jr. NBA Basketball Practice | |
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